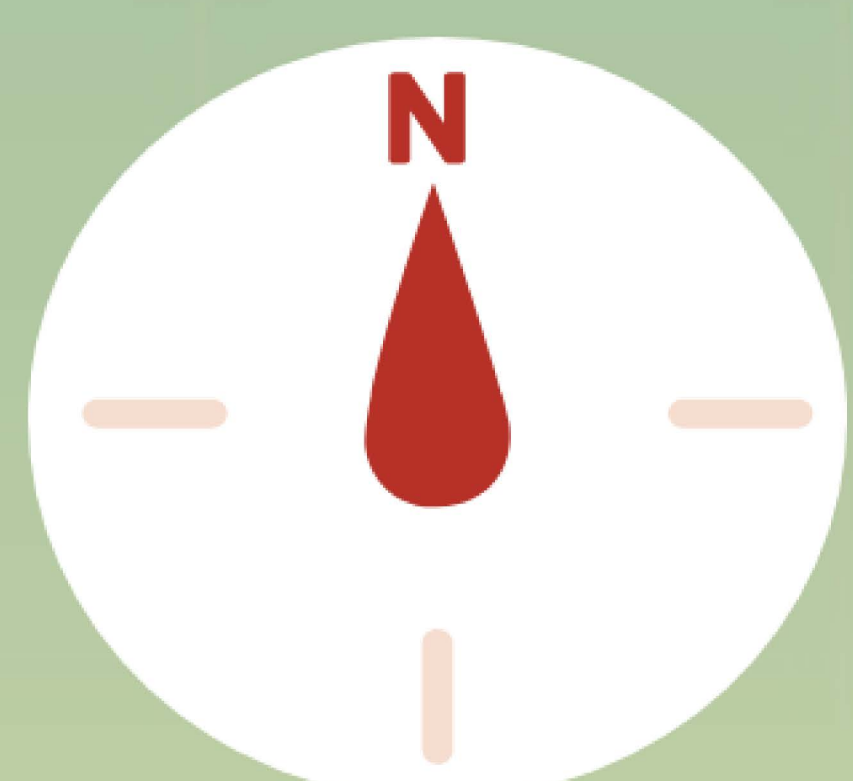


# THE 10 ESSENTIALS



San Bernardino  
**National  
Forest**

## FOR BACKCOUNTRY AND TRAIL HIKING



### GPS/NAVIGATION

Getting lost can happen on any forest trail. Research the area, take directions, a map, and a compass. Know how to use them and how to find your location. Cell service is not always an option in the backcountry.



### SUN PROTECTION

Always carry a hat, extra sunscreen, lip balm, and sunglasses. Keep a long sleeve shirt in your pack. Prolonged sun or cold temperature exposure can cause serious harm.



### FIRST AID KIT

Prepackaged first-aid kits for hikers are available at any outfitter. Your personal health may depend on the thoroughness of these kits so be sure to find or build one with all the necessities.



### FLASHLIGHT

Always carry a headlamp or flashlight with extra batteries in case you get caught after sundown, get lost, or become delayed.



### HYDRATION

Whether hiking in the intense summer heat, or brisk winter cold, bringing and drinking one-liter of water per hour should be standard. Every hiker should come prepared with at least a gallon of water.



### BACKPACK



Lightweight, durable, and functional. Daypacks or backpacks should vary based on the length of journey and how many supplies you may require. You'll want something you can carry comfortably that has the features designed to keep you hiking enjoyably.



### EXTRA FOOD

Any number of things could keep you out longer than expected - getting lost, enjoying time by a stream, an injury, or difficult terrain. Bringing extra food and snacks will help keep up energy and stamina, allowing you to finish your hike problem-free

### SOLID FOOTWEAR



One of the most important things you can invest in - some sturdy hiking boots. Even if only hiking short distances, good hiking boots can provide stability, traction, and support reducing trips and falls, twisted ankles, blisters, and pain/soreness. This allows you to tackle any terrain that comes your way.



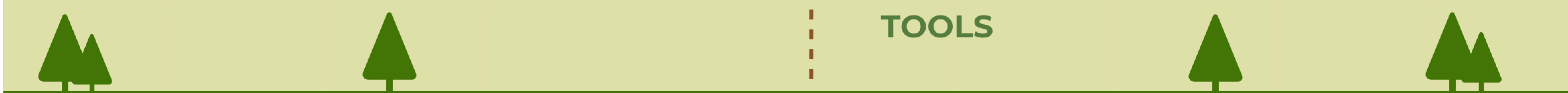
### EXTRA CLOTHING

You never know when a shift in weather or unexpected conditions can arise. Be prepared with a light sweater, extra socks, and rain gear. Extra layers and clothing are an asset if temperatures drop, high winds start, or clothing gets damp or wet



### TOOLS

These enable you to cut strips of cloth into bandages, remove splinters, fix broken eyeglasses, and perform a whole host of repairs on malfunctioning gear. You never know when you might need one.



**First responders report that those who require rescuing carry little to none of these essentials. Hike prepared and don't be a statistic!**



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